

## What can YOU do?

You can help students become healthier when you consume the fruits and vegetables that are offered. While the program is targeted at students, it recognizes the important connection between students, teachers, and school staff.

Teachers and school staff are encouraged to eat the fruits and vegetables offered in this program. Seeing teachers eat fruits and vegetables helps students learn to eat them as a healthy snack option.

## How can you help make the program stronger?

Nutrition education is critical, and teachers are encouraged to reinforce healthy eating with healthy education! Curriculum idea/resource websites can be found below. Have fun! Most of all help your students develop healthy eating habits!

Fresh fruits and vegetables can be brought into the classroom to complement and/or reinforce a lesson. Your geography lesson can be reinforced by bringing in fresh fruits or vegetables available in the region you are studying. Studying percentages in math? Use a piece of fruit to show quarters, half, thirds, etc. The best part is the lesson becomes edible! Work with your school's foodservice director to bring in the fresh fruits/vegetables that you desire.

## Visit the websites below for more ideas:

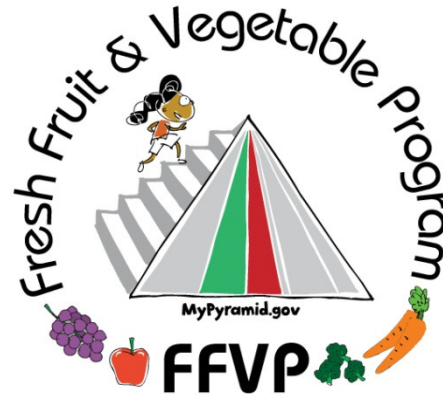
[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

[www.msuextension.org/nep](http://www.msuextension.org/nep)

There are many sites with good information. Inclusion of these sites does not constitute endorsement. Additional information can be found by using search words such as "fresh fruits and vegetables."

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# The Fresh Fruit and Vegetable Program in Your School!

## Information for School Personnel



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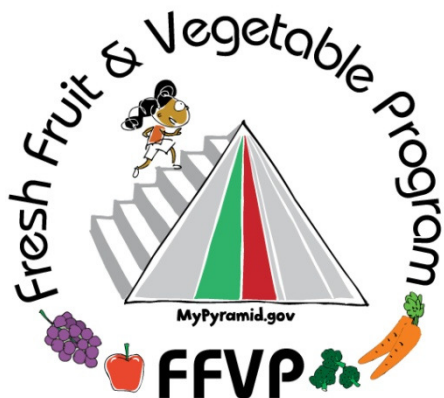
# Your school participates in the Fresh Fruit and Vegetable Program!

## What is the Fresh Fruit and Vegetable Program?

The United States Department of Agriculture's (USDA) Fresh Fruit and Vegetable Program make fruits and vegetables available to students throughout the school day. Schools receive funds to order fruits & vegetables for use outside of the cafeteria.

## What is the purpose of the program?

The program encourages students to eat more fresh fruits and vegetables.



## When and where can fresh fruits and vegetables be offered?

Schools may offer fresh fruits and vegetables in classrooms, hallways, or elsewhere at any time during the school day outside of regular meal service. They can also be used in classroom activities. If you have ideas on how you would like to see the program offered, share those ideas with your principal and/or the food service director.

### Did you know?

#### MyPyramid

([www.mypyramid.gov](http://www.mypyramid.gov))

**encourages school-age children to eat 2-3 cups of vegetables a day and 1½ -2 cups of fruit a day.**

The Fresh Fruit and Vegetable Program available in your school provides an excellent opportunity for your students to meet the suggested servings during their school day. Fruits and vegetables served in their most "whole" or "natural" forms are the most nutritious.

## How are fresh fruits and vegetables distributed to the students?

Each school can find a system that works for them. Schools may want to distribute fruits and vegetables based on the ages of the students. In the lower grades, it may be easier to serve the students in their classrooms. USDA encourages schools to develop innovative and varied methods to offer the fruits and vegetables to students.

